

MARCH



Pick a **better snack**™

Park/Slide	Sugar Snap Peas	Ride (a bike)	Canned Vegetables	Lemon/Lime
Play	Grapefruit	Run	Orange	Walk
		Family Ate Meal Together		
Sugar Snap Peas	Stretch		Dribble	Frozen Fruit
Okra	Hike	Clementine	Play	Salad Greens
Walk	Frozen Vegetable	Canned Fruit	Jump	Orange

**PLAY
YOUR
WAY.
ONE HOUR A DAY.**

www.idph.state.ia.us/pickabetersnack



Pick a better snack™ encourages kids and families to enjoy a variety of fruits and vegetables. Complete the card by putting an "X" through the squares of fruits, vegetables and physical activities you have tried. A "bingo" is complete when you make a line of X's diagonally, horizontally, or vertically. Turn the card over for more fun!

Funded by USDA's Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer, in collaboration with the Iowa Departments of Public Health and Human Services. Iowa Food Assistance can help you buy healthy food. Visit www.yesfood.iowa.gov for more information.



MOM TO MOM

After my son turned two, I knew it was time for him to switch to low-fat milk. He still needed all of the nutrients from milk, but he didn't need all of the extra fat like he did when he was a toddler. He loved his whole milk so I decided to make the transition slowly. I mixed his whole milk with fat-free for a while and slowly mixed in more and more until he was drinking all fat-free and couldn't even tell the difference. Now I can buy one kind of milk for all of us and we get all the nutrition we need without the extra fat.

~ **Katie, Mother of one in Iowa**

REAL QUESTIONS. EXPERT ANSWERS.

WHAT DO EXPIRATION DATES ON FOOD PACKAGES REALLY MEAN? CAN I USE MY EGGS AFTER THE DATE ON THE CARTON??

FOR ANSWERS TO THIS AND OTHER QUESTIONS, CALL
IOWA STATE UNIVERSITY'S ANSWERLINE
800-262-3804 OR EMAIL ANSWER@IASTATE.EDU.

**PLAY YOUR WAY.
ONE HOUR A DAY.**



Get up for a Family Fun Night!

Plan a week full of fun activity, like riding bikes, miniature golf, or bowling with another family. Make it a nightly thing! Be sure to keep a look out for fun events going on in your community.

Add short segments of physical activity throughout your day. Activity broken into 10-minute segments is just as good as being active all at once.

- Take a short walk before or after dinner. Find new and exciting routes to and from your home. Let the kids make a game out of the walk. Count the trees along the walk, run up steps, or look for street names that contain letters in their names.
- Get moving during commercial breaks. Take turns leading the family through activities. Complete jumping jacks, toe touches, arm circles, jogging in place, and anything else you can think of!
- Set a timer and dance, run, skip and be silly until the timer goes off.

CHILD'S NAME

has played Pick a **better** snack™ bingo this month.

SIGNATURE